

# Life & Skills

**GRADE 3**

**BOOKLET**

# Grade 3 Activities Week 1- 3

Dear Parent

- This booklet will assist you in helping your child with daily work.
- Balance the day by allowing the child to have some activities outside as well as written activities.
- This booklet is for week 1 over 4 days and 2-3 over 5 days.
- Please complete activities as indicated per day. Do not let your child feel overwhelmed.
- Stay positive in your child's attempt to complete his/her work.
- Let your child have fun while learning.

## **CONTENT for the WEEK 1-3**

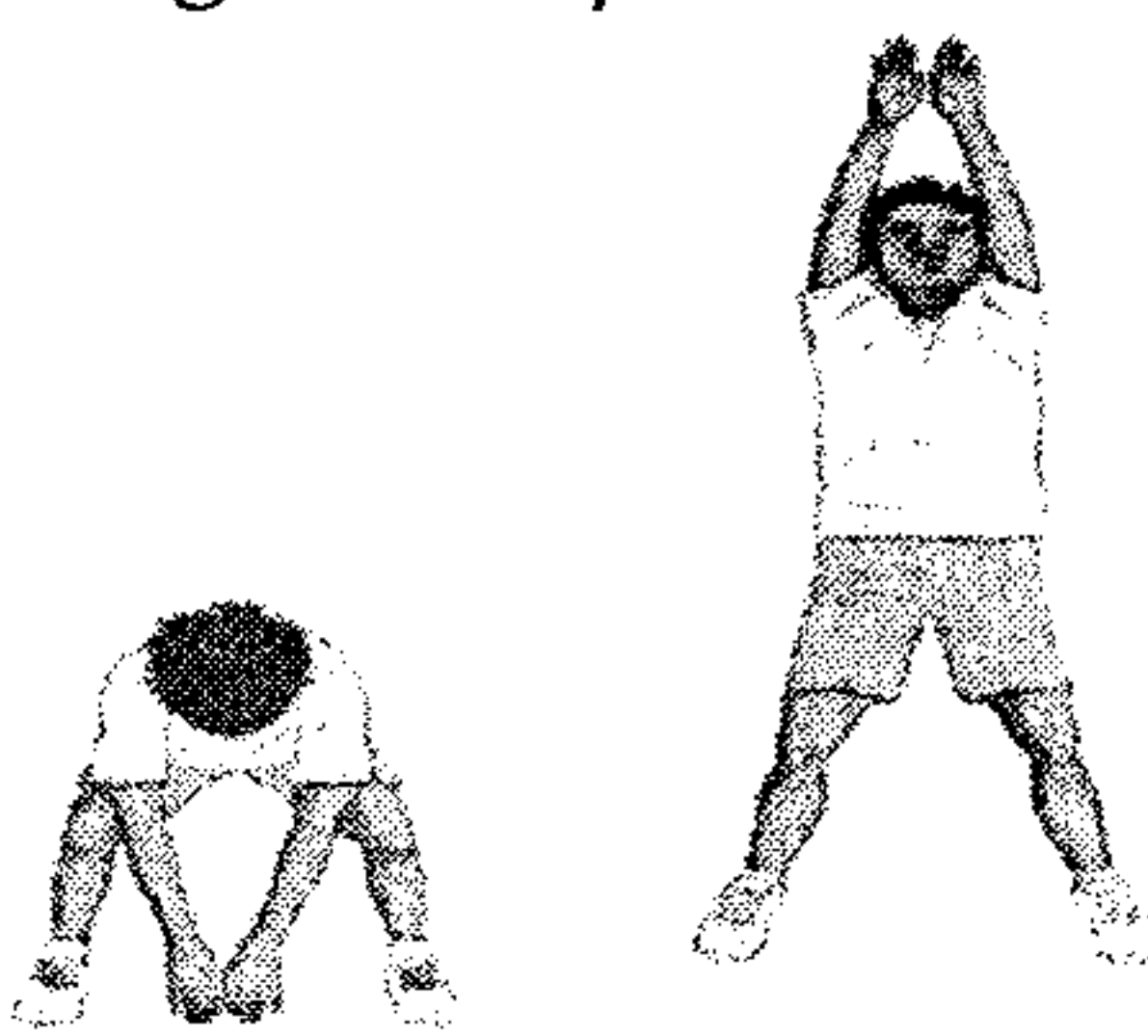



1. Physical Education
  - Warm up - 5 minutes
  - Cool down- 5 minutes
  - Main Activities -20 minutes
2. Stories on Topics/ Comprehension
3. Visual Art – 30 minutes

**Week 1**

**Day 1. Physical Education**

**Main Activity**



<p>Touch the Sky</p> <ol style="list-style-type: none"> <li>1. Start with your feet nice and wide.</li> <li>2. Squat down and touch the floor with both hands between your legs.</li> <li>3. Stand up tall and reach up high with your hands above your head.</li> </ol> <p>How high can you stretch?</p> 	<p>Marching on the Spot</p> <ol style="list-style-type: none"> <li>1. March on the spot with high knees.</li> <li>2. Try to stand tall and pump your arms.</li> <li>3. Try facing different compass directions as you are marching, such as north, south, east and west.</li> </ol> 
<p>Jumping Twists</p> <ol style="list-style-type: none"> <li>1. Jump and twist one way, staying on the spot.</li> <li>2. Jump and twist the other way staying on the spot.</li> <li>3. Use your arms to help you twist left and right.</li> </ol> <p>This exercise will work your core muscles.</p> 	<p>Punches</p> <ol style="list-style-type: none"> <li>1. Stand with a wide stance and slightly bent knees.</li> <li>2. Try the following punches: forward punches; upper cuts; punching upwards; hooks.</li> </ol> 

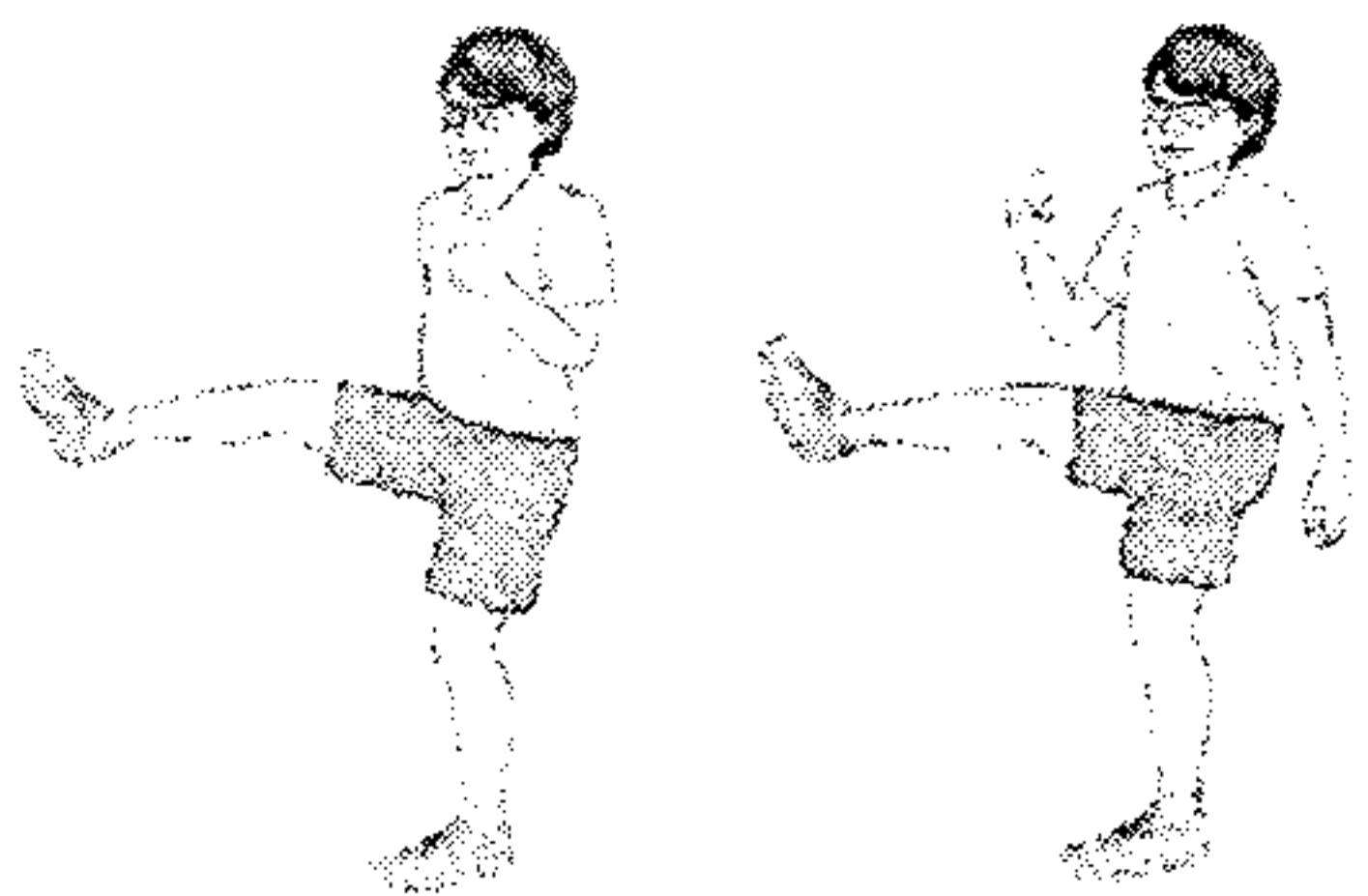
**Day 2. Public Holiday -Youth Day**

**Day 3. Physical Education**

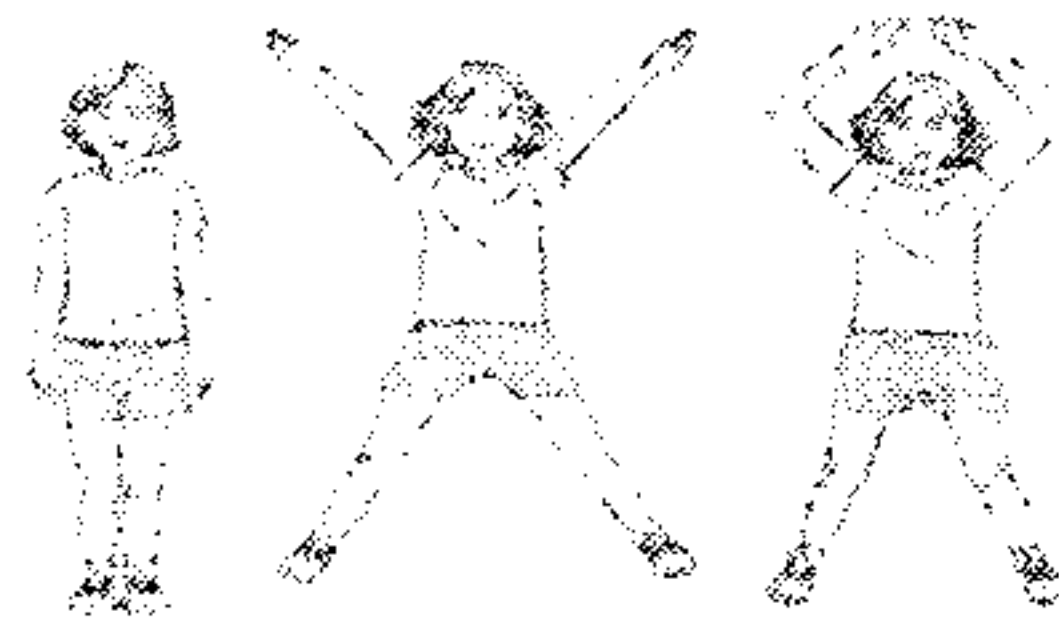
**Main Activity**

<p>Front Kicks</p> <ol style="list-style-type: none"> <li>1. March on the spot with high kicks out in front of you.</li> <li>2. Use opposite arms and legs: when your left leg is raised, punch with your right fist</li> </ol> <p>Make sure there is enough space</p>	<p>Star Jumps</p> <p>Make sure you have enough room for this exercise!</p> <ol style="list-style-type: none"> <li>1. Stand straight with your arms by your side and feet shoulder-width apart.</li> <li>2. Jump upwards, bringing your arms and legs out to make a star shape as</li> </ol>
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to kick in front of you. If there is limited space, you can just lift your knees up high.

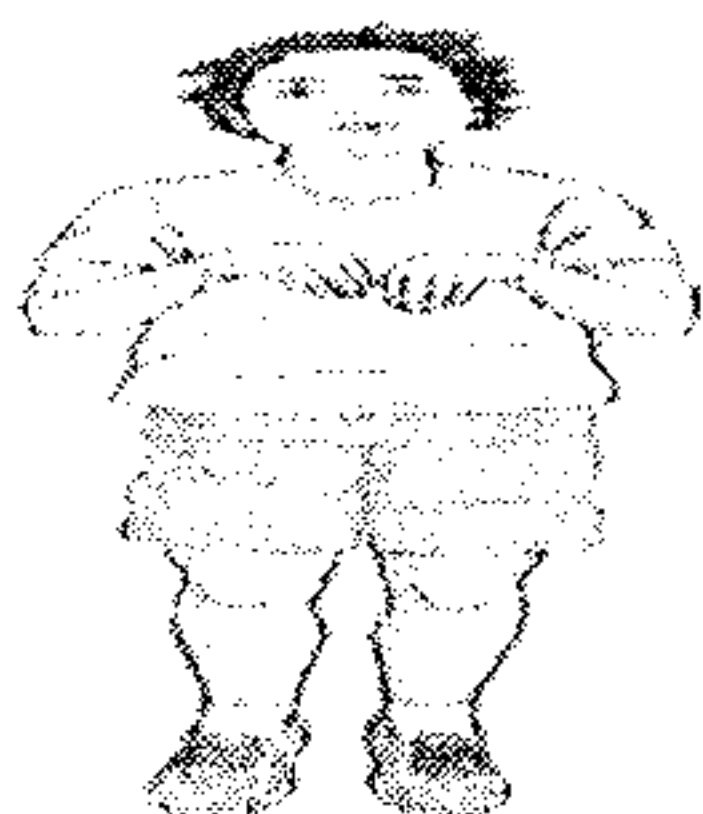


you land. 3. Jump upwards again to bring your feet and arms back to the starting position. How many star jumps can you do in 35 seconds? Try turbo star jumps!



#### Kangaroo Jumps

1. Imagine you are a kangaroo and jump up and down.
2. Can you bounce from left to right? How high can you jump? BOING!
3. Can you bounce round in a circle in one direction and then in the other?



#### Sprinting on the Spot

1. Run as fast as you can on the spot.
  2. Remember to pump your arms as you are running.
- Imagine you're running for the 100m gold medal!



## Day 4. Feelings

**Comprehension:** Read the story and answer the questions in full sentences.

### Feelings

Lorna stayed home from school yesterday. She was not feeling well. Her head hurt and she had a fever. The doctor came to see her at home. He told her to take some medicine and drink some orange juice. Her mother took care of her all day. Mother made Lorna some chicken soup. She remained in bed until the fever was gone. The next day she felt much better. She returned to school the following day.





1. Give a title for the story?

2. Why did Lorna stay home from School?

3. What two things did the doctor tell her to do?

4. How did mother care for Lorna?

5. Has the doctor's instructions help her?

### Day 5. Visual Art

Draw a picture of your feelings (Use lines and shapes. Explore different media.

Resources; A4 white paper and colour pencils.

### Week 2

#### Day 1. Physical Education

##### Main Activity

<p>Kicking Skills</p> <ol style="list-style-type: none"> <li>1. Kick the ball with the inside of your foot.</li> <li>2. Dribble the ball.</li> <li>3. Use small touches with both feet keeping the ball close.</li> </ol>	<p>Kicking Skills</p> <ol style="list-style-type: none"> <li>1. Control the ball by trapping with the bottom of your feet.</li> <li>2. Striking the ball with the laces of your feet</li> </ol>
<p>Moving Skills</p> <ol style="list-style-type: none"> <li>1. Leaping Run and jump off one foot and land on the other foot.</li> <li>2. Skipping Step hop, step hop change feet each time.</li> </ol>	<p>Moving Skills</p> <ol style="list-style-type: none"> <li>1. Sprinting As you run pump your arms and lift your knees high.</li> <li>2. Jumping Bend your knees and swing your arms</li> </ol>

	back and jump as far forward as you can.
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## Day 2. Health Protection

**Comprehension:** Read the story and answer the questions in full sentences.

### First Aid

First Aid is the immediate care given to someone who is injured or becomes ill. When there is an emergency minutes becomes very important so first aid has a vital function. Immediate action is necessary where there is a lot of bleeding, when breathing has stopped for any reason, when there is poisoning. People should be trained to care properly take of injuries to themselves and others at home.

Many people die in accidents because people do not know first aid. You may face an emergency anywhere.

1. What is first aid?

\_\_\_\_\_

2. Give one reason in which case is first aid necessary?

\_\_\_\_\_ 3. Why does  
hundreds of people die in accidents?

\_\_\_\_\_

4. What does people need to be trained in?

\_\_\_\_\_

5. When there is an emergency what becomes important?

## Day 3. Physical Education

### Main Activity

Shoulder spirals	Lunge
1. Hold out both arms at shoulder.	

<p>2. From your fingertips make small circle shapes. 3. Starting small and getting bigger until you can make big spiral shapes</p>	<p>1. Start with your feet together. 2. Step back with one leg. 3. Touch your front foot with your hand. 4. Stand up straight. 5. Repeat with your other leg. Keep going!</p>
<p>Low sprint shuffle 1. Crouch your body down. 2. Run quickly on the spot. 3. Pump your arms. 4. Turn to the middle and the side. 5. Make sure you have fast feet.</p>	<p>Basketball Throws 1. Shoot an imaginary basketball at an imaginary basketball hoop. 2. Shuffle along a few steps and shoot another hoop! 3. So, its shoot, shuffle, shoot, shuffle back, shoot and so on.  <b>This is a great exercise for the leg muscles.</b></p>

#### Day 4. Keeping my body safe

**Comprehension:** Read the story and answer the questions in full sentences.

#### Corona Virus

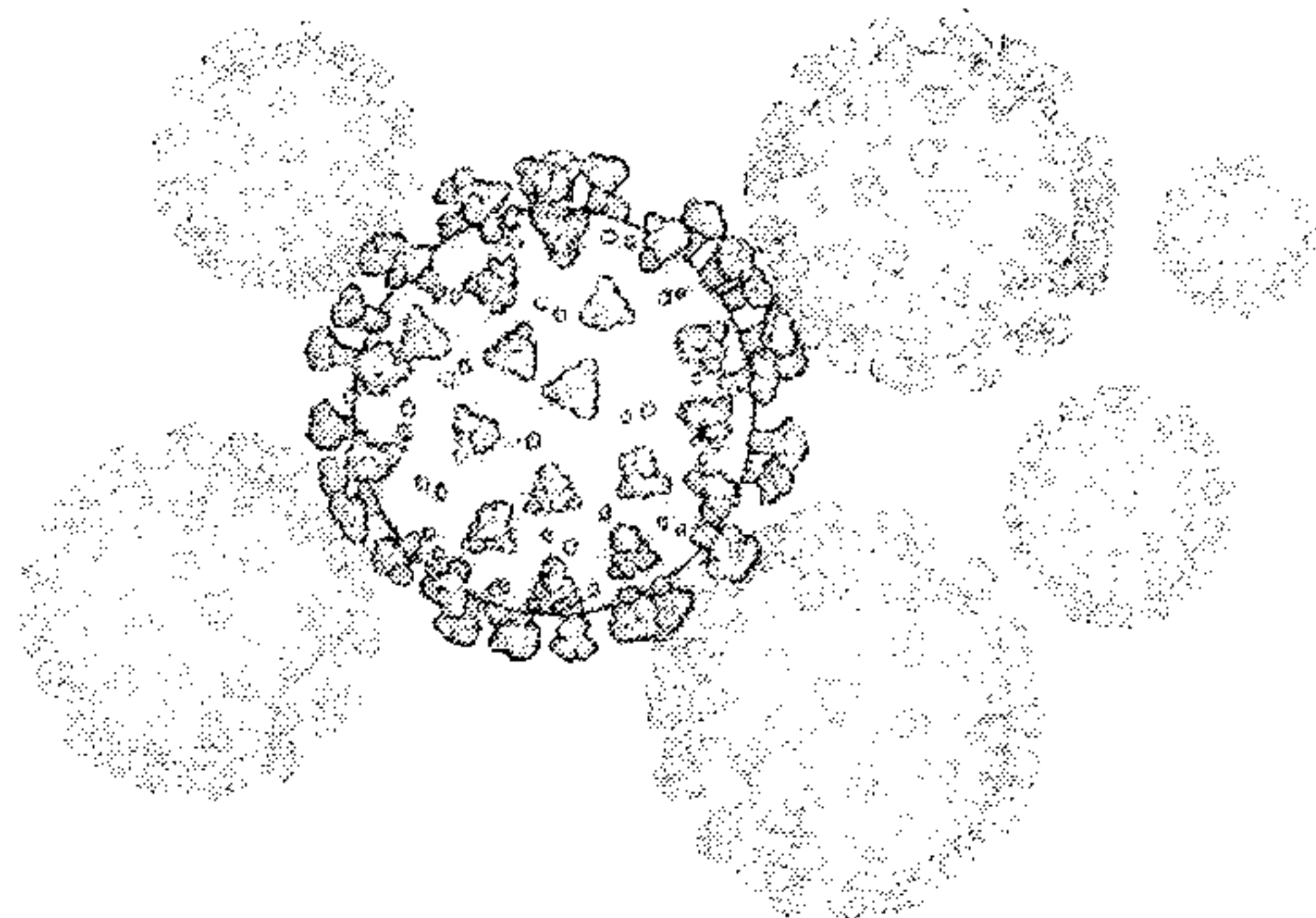
Facts from Corona virus

The corona virus was spread from China. T is the fastest virus that spread throughout the world.

Ways to prevent you from the virus.

Wash your hands with soap and water for at least twenty seconds. There are three steps to wash your hands wash, dry and sanitize. Always take a bath or shower when you come from outdoors or school.

Do not come close to any person who has the virus. Wear face masks if you are outdoor or in public places. Use seventy percent alcohol sanitizers on your hands and surfaces.





1. Which country does the corona virus come from?

2. How do you wash your hands?

3. What do you have to wear on your face?

4. What steps are used to wash your hands?

5. What sanitizers are good to use?

### Day 5. Visual Art

Draw a picture of the corona virus.

Resources; A4 white paper and colour pencils.

### Week 3

#### Day 1. Physical Education

##### Main Activity

###### Balancing

1. Balance on the right foot.
2. Balance on the left foot.
3. Place your one foot against the knee of the other foot and balance.
4. Swap feet and repeat.

###### Balancing on various parts of your body

1. Lie on your stomach.
2. Raise your arms.
3. Raise both legs.
4. Raise your right arm and left leg.
5. Alternate



<p>Throw and Catch ball</p> <ol style="list-style-type: none"> <li>1. Throw the ball up and catch it with both hands.</li> <li>2. Throw the ball up and catch it with one hand.</li> <li>3. Throw the ball up, clap your hands twice and catch it.</li> <li>4. Throw the ball up and jump twice and catch it.</li> </ol>	<p>Movement</p> <ol style="list-style-type: none"> <li>1. Make an alphabet L and Z with your body.                      2.</li> <li>Walk like a crab.                      3.</li> <li>Walk like a crab.                      4.</li> <li>Make a bridge with your body..</li> </ol>
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**Day 2. Rights and Responsibilities**

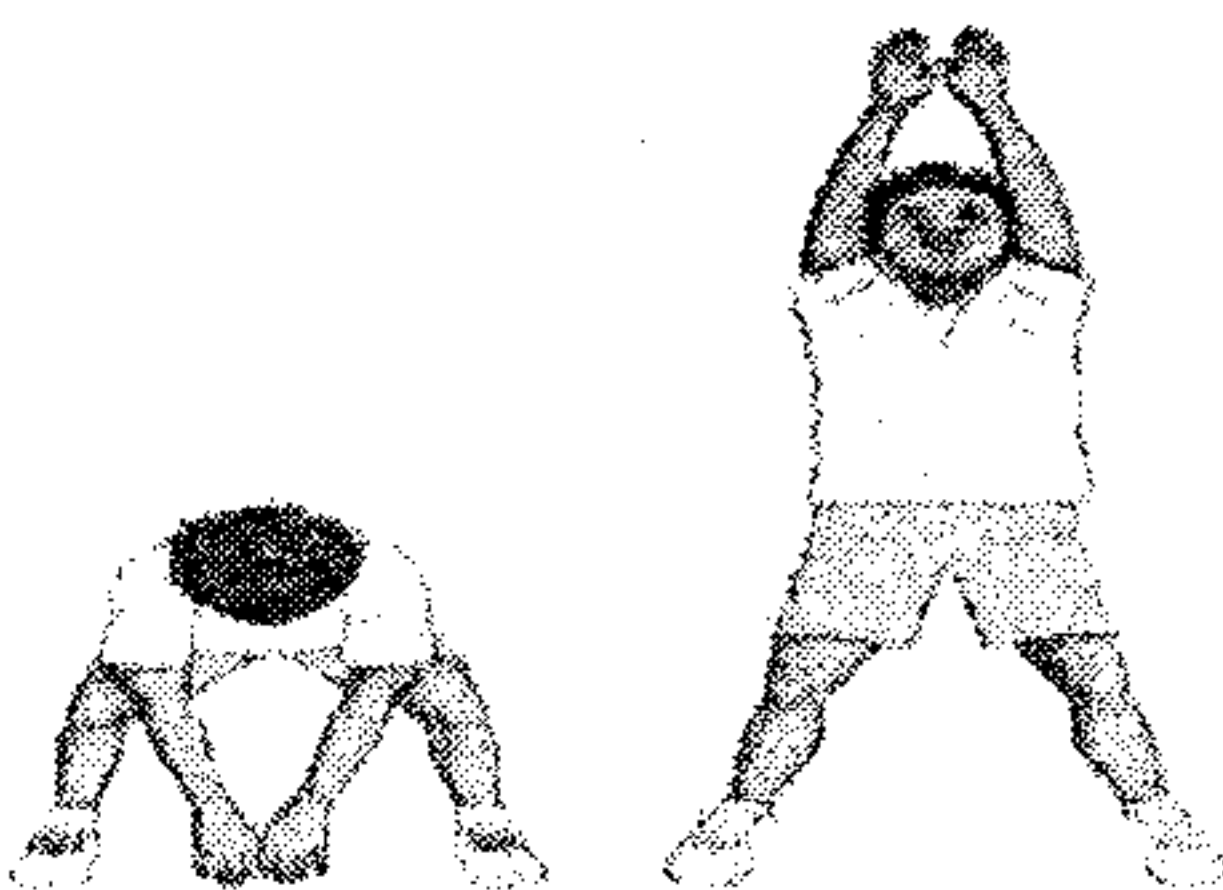
**Comprehension:** Read the story and answer the questions in full sentences.

<p><b>Citizenship</b></p> <p>Citizenship is being a good member of your community following rules and helping others. There are many ways to show good citizenship.</p> <p>Lisa was a busy child. She attended school every day and sports after school. On weekends she got to play and have fun but once month her family volunteered to help in the community.</p> <p>They picked up dirt or helped an elderly in the neighborhood to clean their house.</p> <p>It was hard work but she liked to make her community a better place. She also received many badges for being an outstanding child doing well to others.</p> <ol style="list-style-type: none"> <li>1. What is citizenship? _____</li> <li>2. What did Lisa do after school? _____</li> <li>3. How many times has the family volunteered to help? _____</li> <li>4. What did want for her community? _____</li> <li>5. Why has she received badges? _____</li> </ol>
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**Day 3. Physical Education**

**Main Activity**

Frog Jumps	Bear Walk
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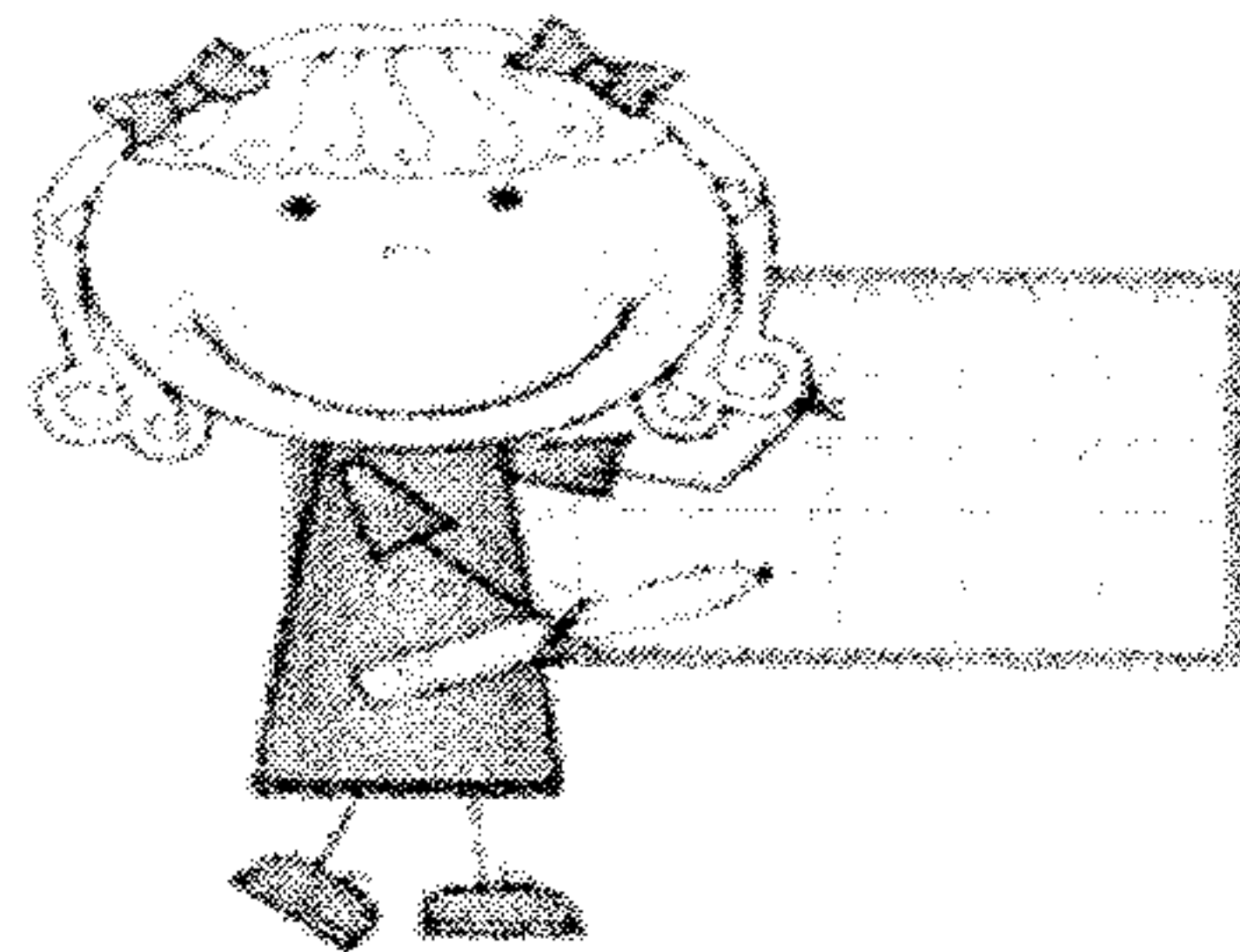
<p>Outside area at home.</p> <ol style="list-style-type: none"> <li>1. Squat down like a frog.</li> <li>3. Jump as high as you can.</li> <li>4. Repeat as much as you can,</li> </ol> 	<ol style="list-style-type: none"> <li>1. Bend legs straight.</li> <li>2. Head down and feet apart and walk.</li> </ol>
<p>Caterpillar Crawl</p> <ol style="list-style-type: none"> <li>1. Start in a downwards position.</li> <li>2. Stretch hands out as far as possible and crawl slowly.</li> </ol> <p>Repeat</p>	<p>Kangaroo Walk</p> <ol style="list-style-type: none"> <li>1. Put your feet together.</li> <li>2. Put your hands tightly to your chest.</li> <li>3. Make small jumps with both your feet.</li> </ol> <p>Repeat</p>

**Day 4. Rights and Responsibilities**

**Comprehension:** Read the story and answer the questions in full sentences.

**Responsibility**

Responsibility is getting things done and letting people know that they can count on you. There are many ways to be responsible. Steven, John and Tim had a group project due on Friday. They didn't have enough time in class so they each took a part of the project home to finish. Each of them brought their completed parts back on Friday morning. The three boys had their projects done so they were responsible.



1. What is a responsibility?

2. Who had a project?

3. When was the project due?



4. What the boys decided to do?

5. Are you responsible? Why

### **Day 5. Visual Art**

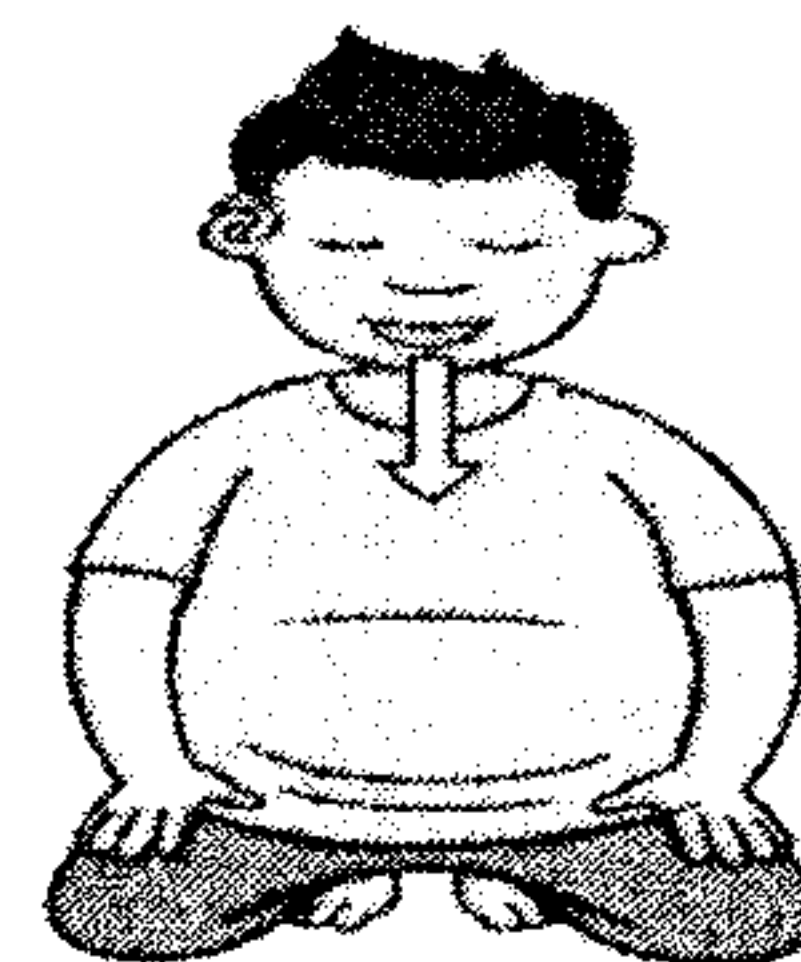
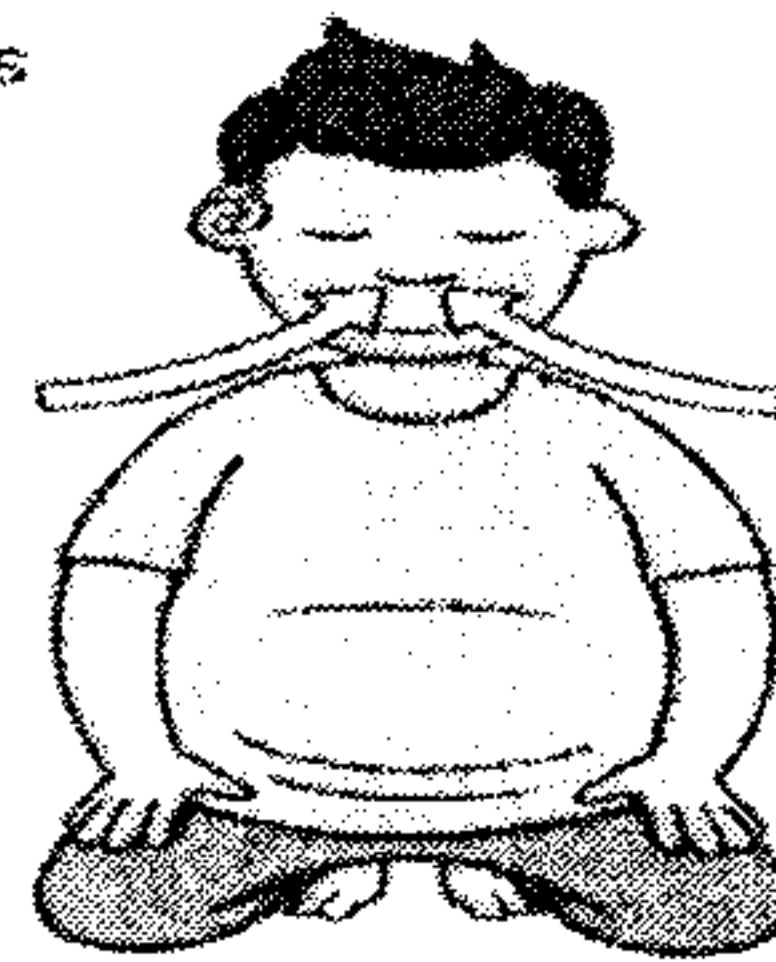
Draw a picture of any animal .Use lines and shapes.

Resources; A4 white paper and colour pencils.

- Before you stretch, it is important to get your heart pumping more blood to your muscles by doing a warm-up.
- Once your muscles are warmed up, you can stretch them to help prepare your body for exercise.
- Stretching can stop you from getting injuries and can also make your muscles more flexible.
- When you've finished exercising, it's important to cool down by doing some stretches, too.
- Stretching after a workout helps to stop your muscles from feeling stiff and sore by gradually returning them to their normal state.



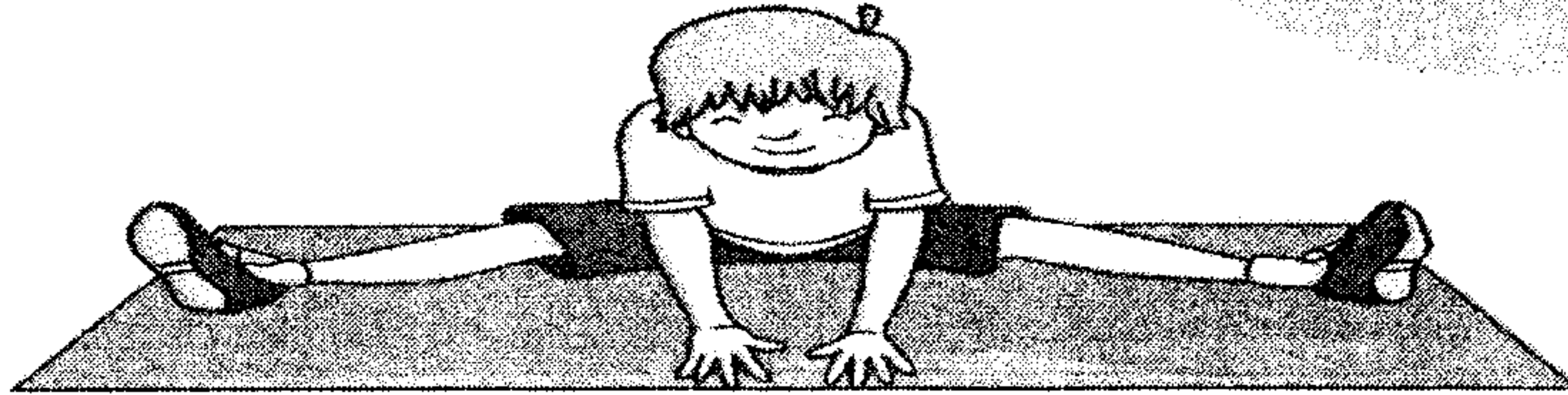
- Try to hold your stretches for a count of six (count "one elephant, two elephant," and so on).
- Stretching should never hurt, so make sure you stop if it feels painful.
- Try not to bounce when you stretch, as this can damage your muscles.
- Keep breathing during your stretches.





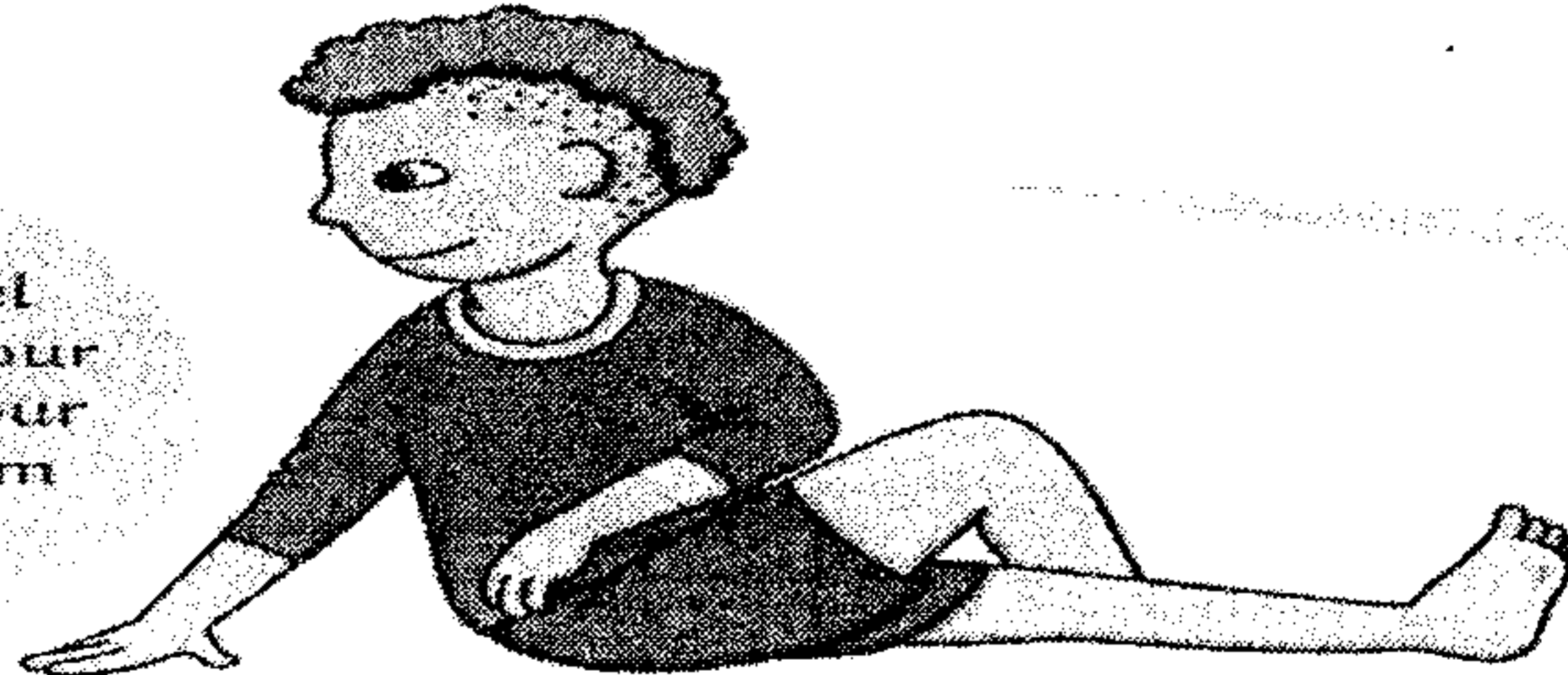
- Sit down and put your legs out in front of you.
- Move your legs apart into a straddle position.
- Fold yourself over, bending from your hips.
- How far can you walk your hands forwards?
- Try to keep your legs straight.

You should feel the stretch in your legs and groin.



- Sit on your bottom and stretch your legs out in front of you.
- Put one leg over the other, bend your knees and reach around to the opposite side.
- Try to look over your shoulder.
- Now swap legs.

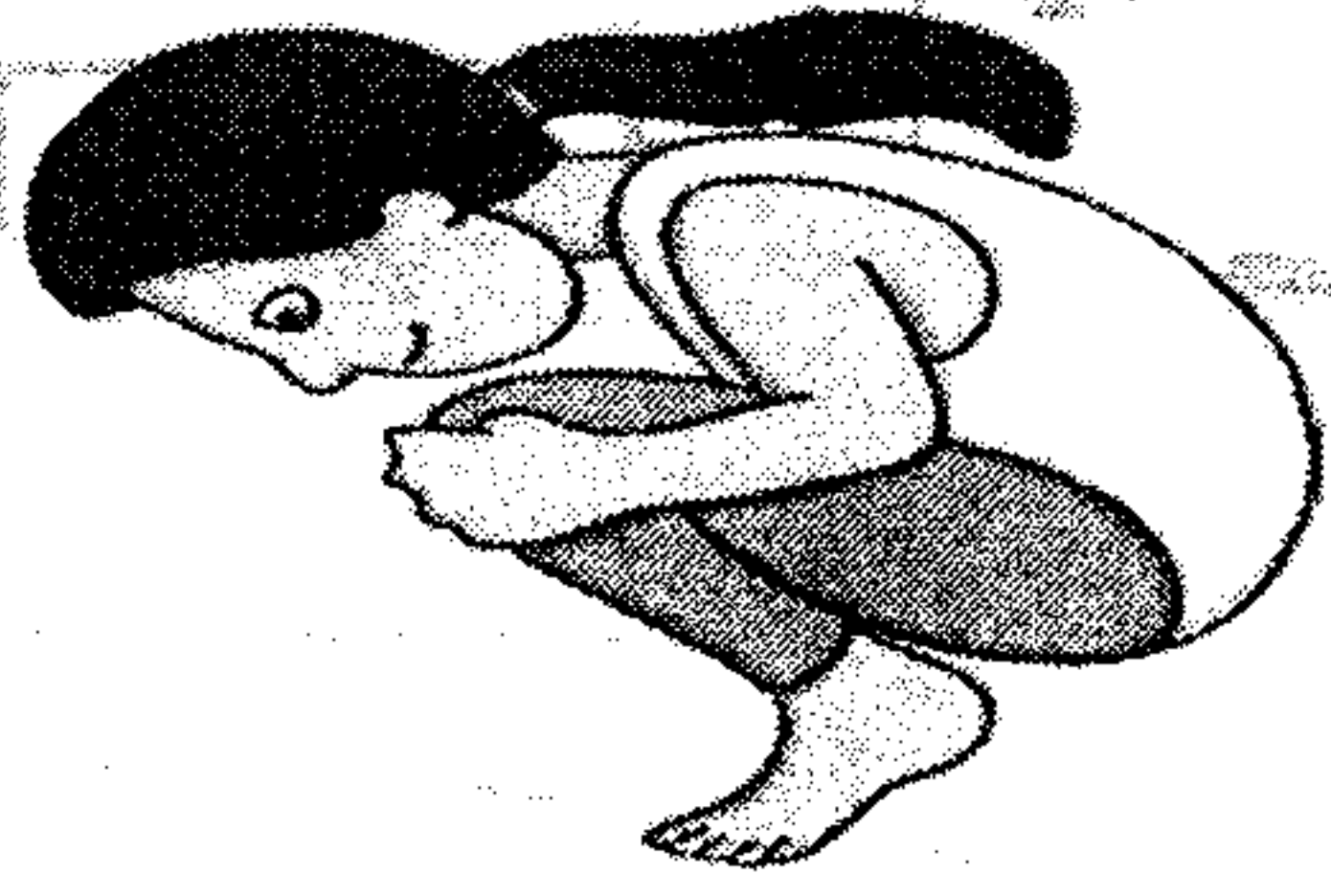
You should feel the stretch in your waist and in your hips and bottom muscles.





Expertise: > 11/10/17

Get into a crouching position with your feet together, knees pulled up towards your chest and your back rounded. You should feel the stretch in your upper body and hips.



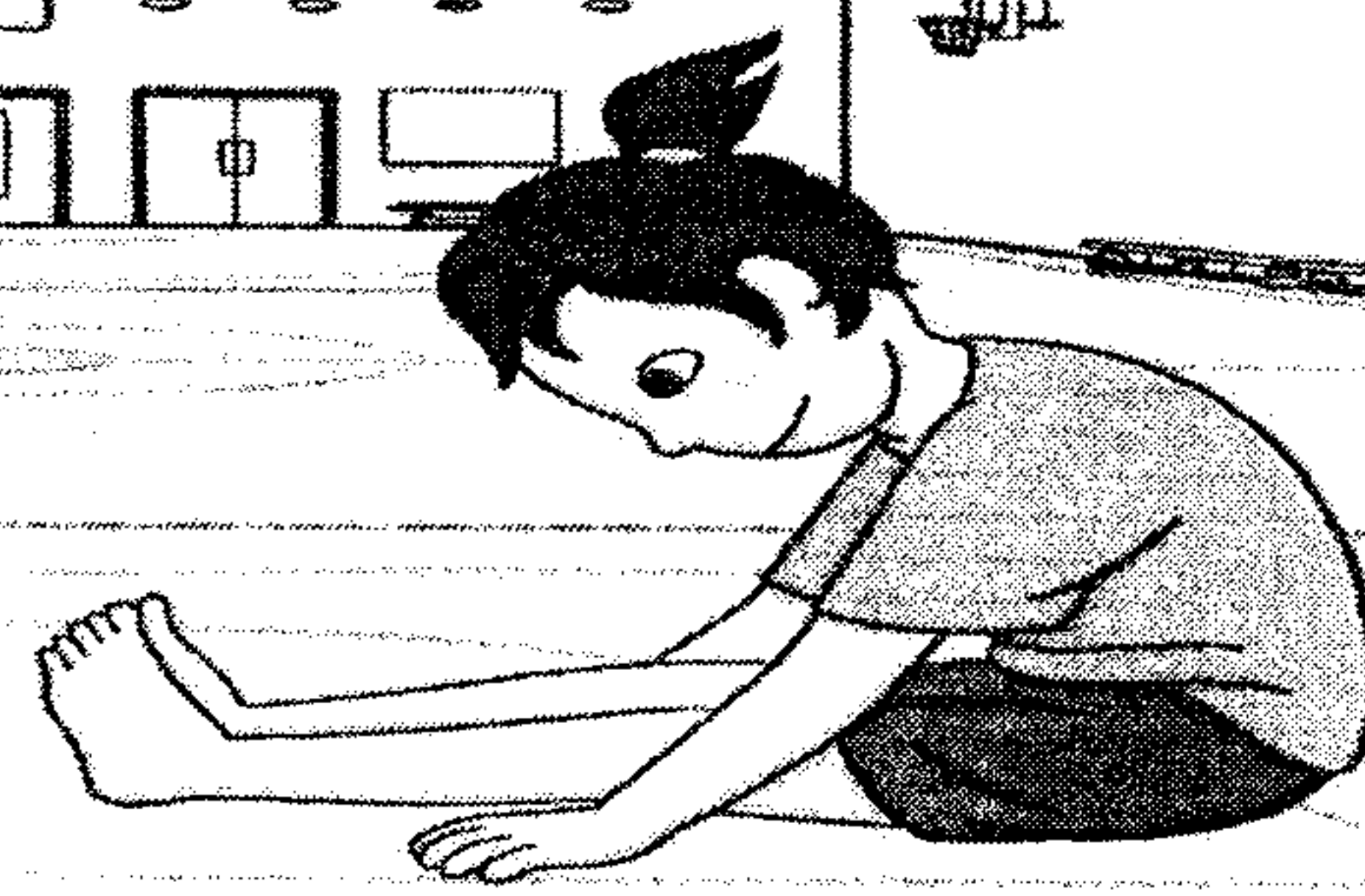
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Expertise: > 11/10/17

Get into a crouching position with your feet together, knees pulled up towards your chest and your back rounded. You should feel the stretch in your upper body and hips.

- Fold yourself over, bending from your hips.
- Point your toes upwards and try to touch them.
- Try to keep your legs straight.

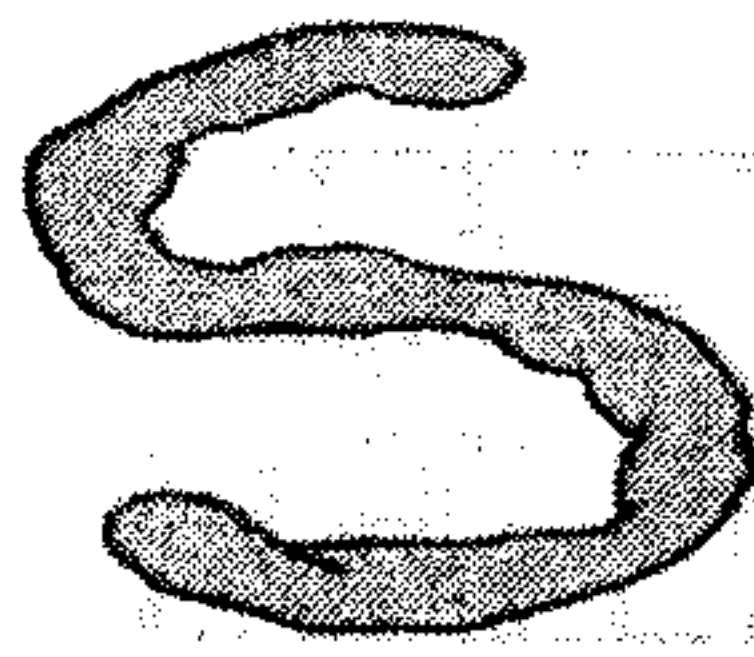
You should feel the stretch down the back of your legs.



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- Stand with your feet hip-width apart.
- With the toes of one foot, write out the letters of your first name on the floor.
- Raise your other foot off the floor slightly and write out the letters of your surname in the air with your toes.

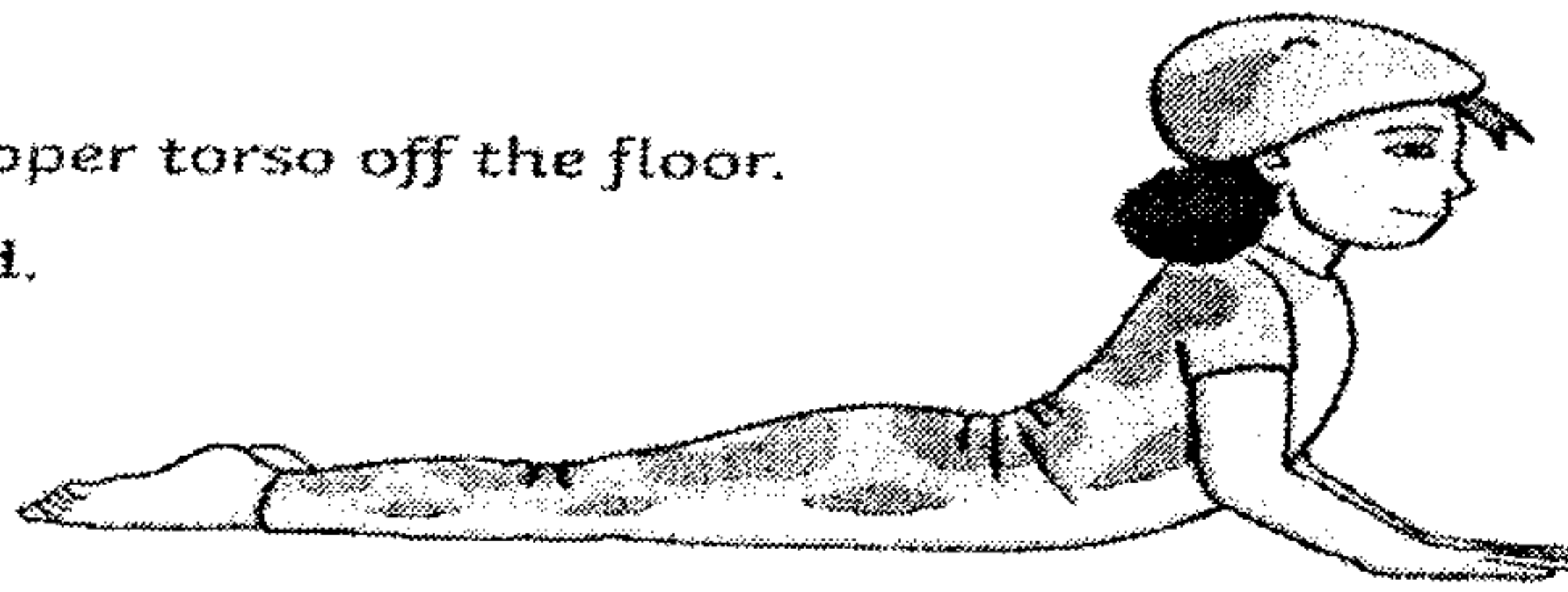


This is a good stretch for the feet and ankles.



### Snake Pose

- 1 Begin by lying on your tummy.
- 2 Exhale and lift your head and upper torso off the floor.
- 3 Gaze forward or slightly upward.
- 4 Hold this position, then release.



This pose strengthens your spine, back of the arms and legs.  
It stretches your shoulders, chest and tummy.